



BOXER PRIME



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Day 1 | Speed

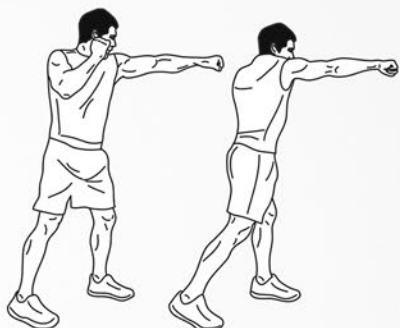
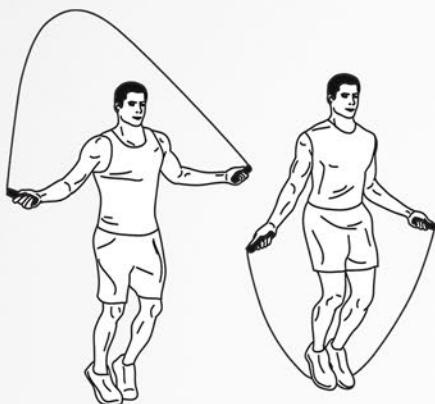
Level I 3 sets

Level II 5 sets

Level III 7 sets

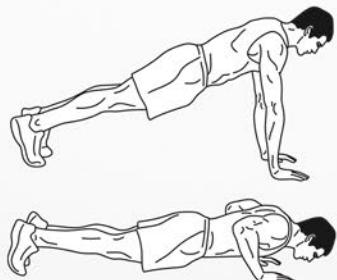
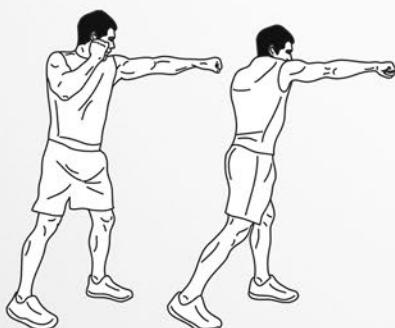
2 minutes rest between sets

extra credit no rest



1 minute jump rope
alternatively hop on the spot

1 minute push-ups + jab + cross



1 minute jab + cross
as fast as you can,
keep arms up

1 minute push-ups
switch to knees push-ups
if necessary

1 minute speed bag punches
go as fast as you can,
keep arms up

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Day 2 | Endurance

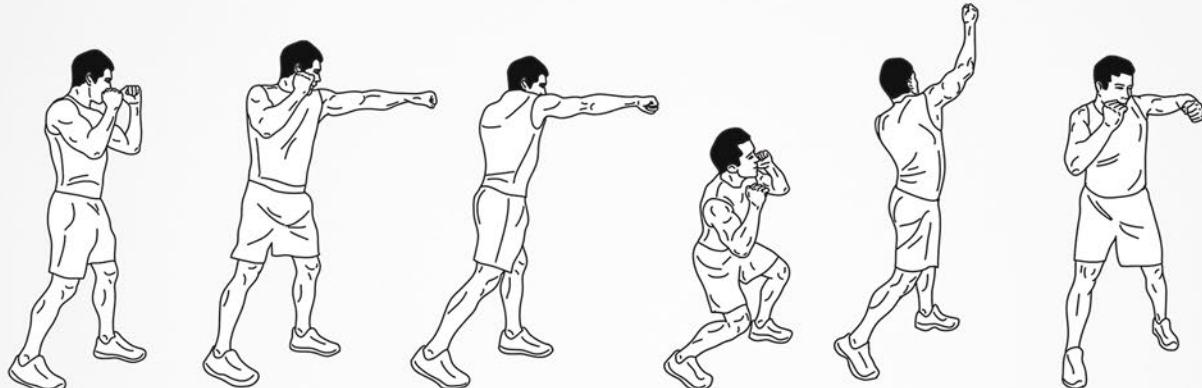
Level I 3 sets

Level II 5 sets

Level III 7 sets

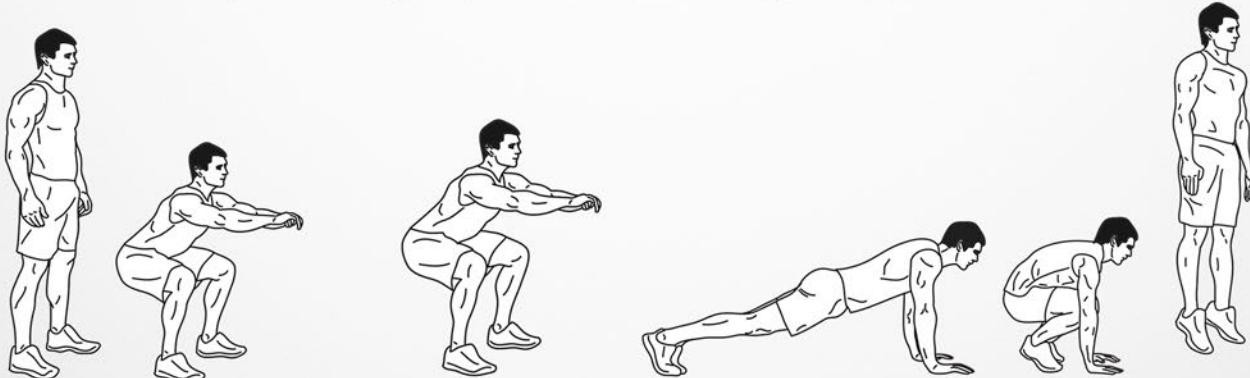
2 minutes rest between sets

extra credit no rest



5 minutes shadowboxing

set a timer and shadowbox freestyle:
jab + cross, jab + jab + cross, jab + hook, jab + uppercut



40 squats

20sec squat hold

40 basic burpees

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Day 3 | Abs

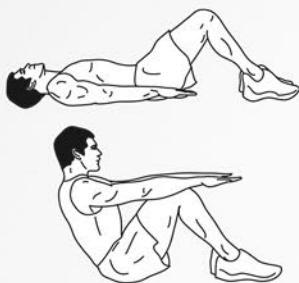
Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

extra credit no rest



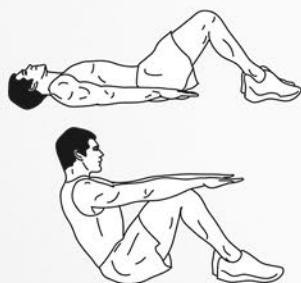
20 sit-ups



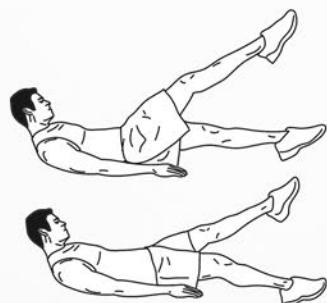
20 knee-ins + twist



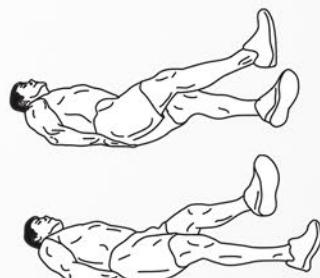
10 butt-ups



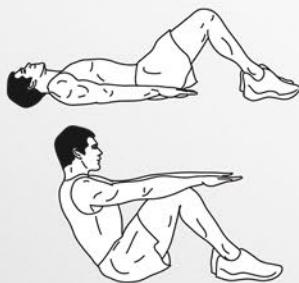
20 sit-ups



20 flutter kicks



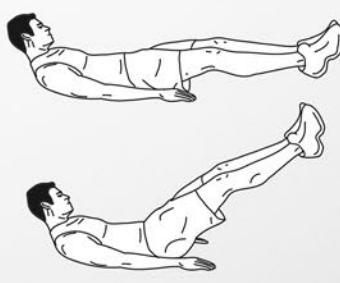
10 scissors



20 sit-ups



20 sitting twists



10 leg raises

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Day 4 | Power

no sets

complete all drills

30 seconds rest

between drills



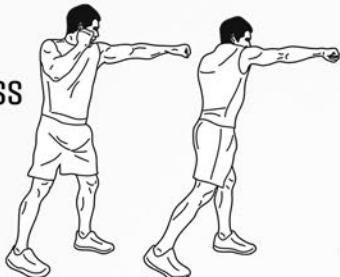
can be done on a punching bag

DRILL 1

4 push-ups

jab + cross + jab + cross

10 sets

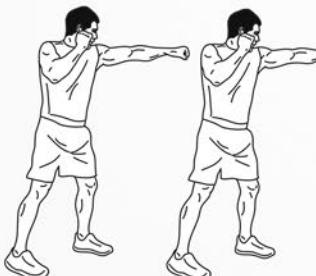


DRILL 3

10 push-ups

40 jabs (same arm)

3 sets



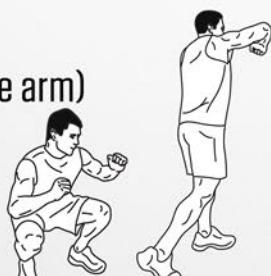
switch arms and do the drill again

DRILL 5

10 push-ups

10 squat + hook (same arm)

3 sets



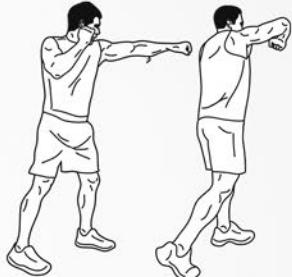
switch arms and do the drill again

DRILL 2

4 push-ups

jab + hook

10 sets

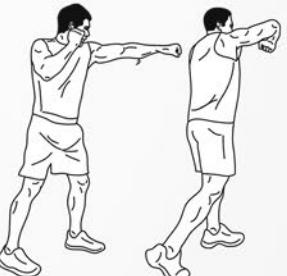
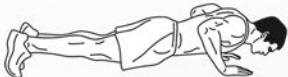


DRILL 4

10 push-ups

40 hooks (same arm)

3 sets



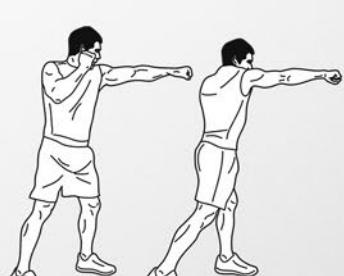
switch arms and do the drill again

DRILL 6

30 push-ups

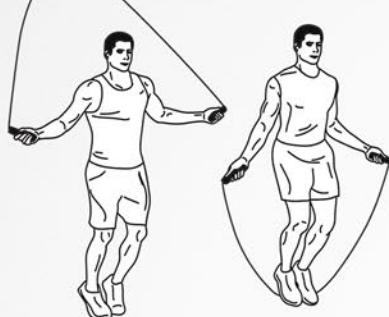
1min jab + cross

2 sets



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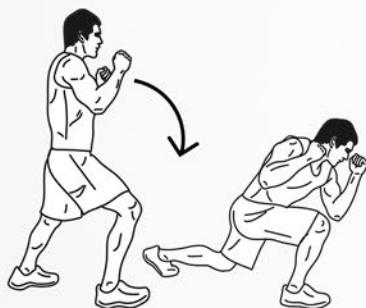


OR

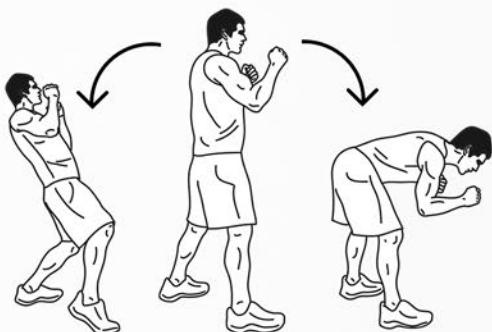


warmup

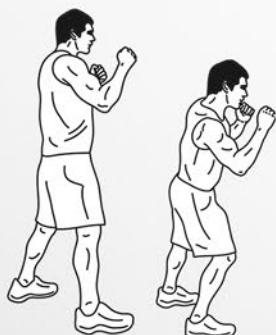
10 minutes jump rope
or 20 minutes steady run
pick either



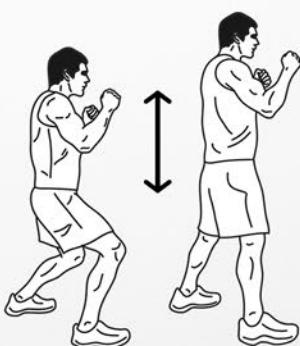
1 minute knee to elbow twists
from lunge stance
30 seconds per side, switch sides after 1 minute



1 minute forward & backward bends
lean back and then lean forward as far as you can



1 minute side-to-side tilts
lean from side to side, as if you were dodging
punches in slow motion



1 minute knee bends
bouncing action
but with feet firmly planted on the floor

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Day 6 | Speed

Level I 3 sets

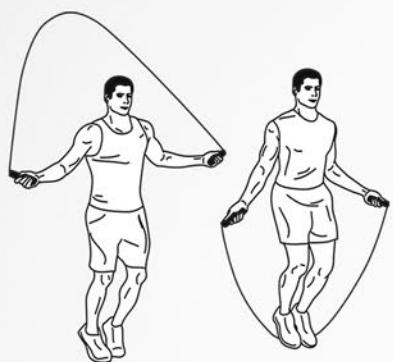
Level II 5 sets

Level III 7 sets

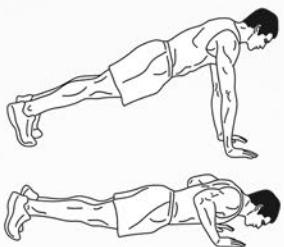
2 minutes rest between sets

extra credit no rest

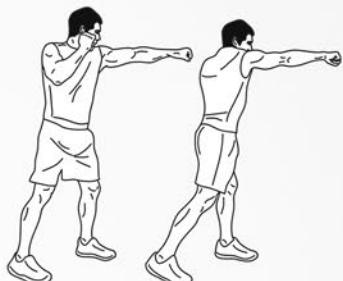
* alternatively hop on the spot



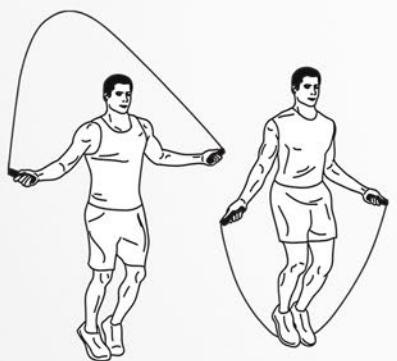
30sec jump rope *



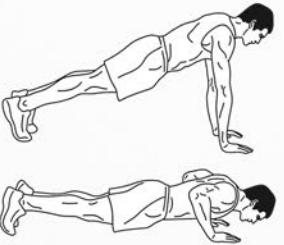
30sec push-ups



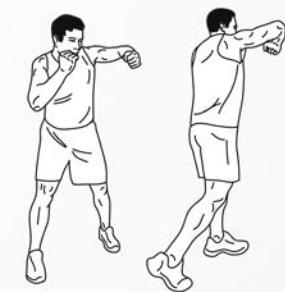
1min jab + cross



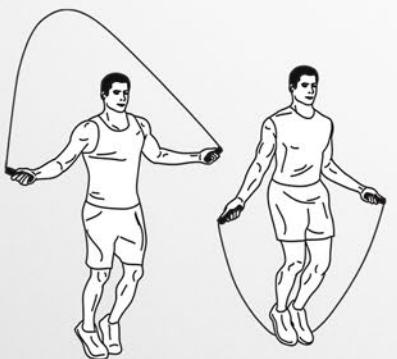
30sec jump rope *



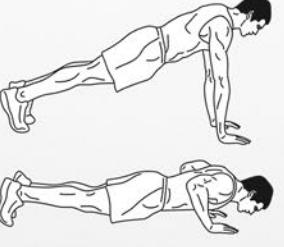
30sec push-ups



1min hooks



30sec jump rope *



30sec push-ups



1min uppercuts

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Day 7 | Endurance

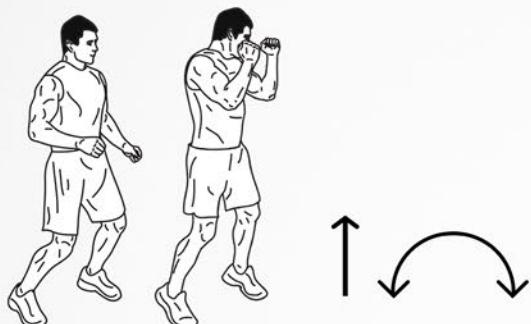
Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest

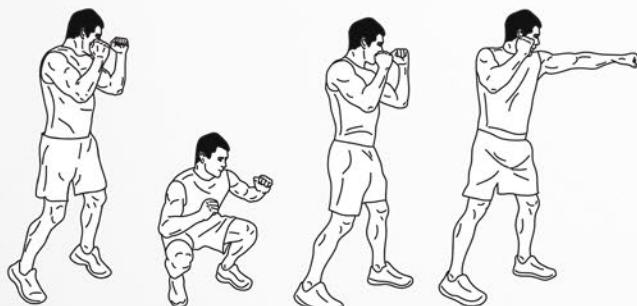


1 minute bouncing on the spot

20sec both feet

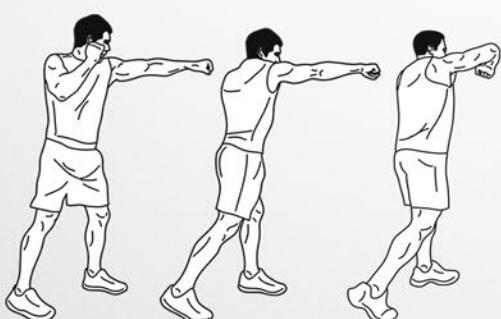
20sec from foot to foot, left leg forward

20sec from foot to foot, right leg forward



2 minutes bounce, bounce + squat + jab

keep arm guard at all times,
switch sides at 1 minute



2 minutes shadowboxing

jab + jab,
jab + cross,
jab + cross + hook,
jab + jab + hook

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Day 8 | Abs

Level I 3 sets

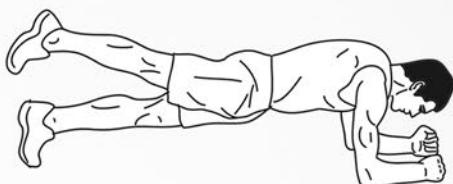
Level II 4 sets

Level III 5 sets

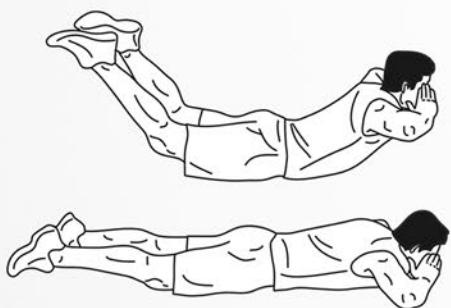
2 minutes rest between sets



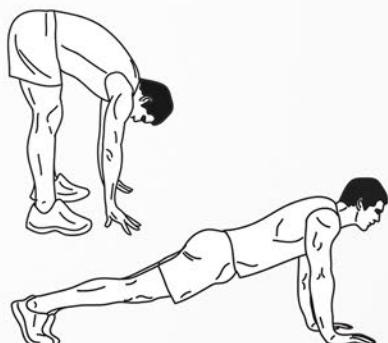
30sec elbow plank



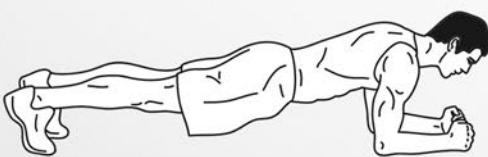
30sec raised leg elbow plank



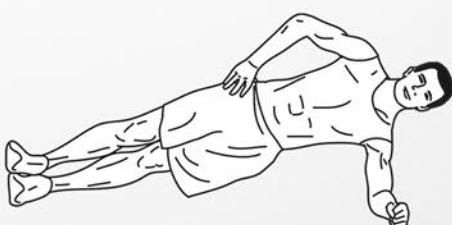
10 back extensions



10 plank walk-outs



30sec elbow plank



30sec side elbow plank

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Day 9 | Power

no sets

complete all drills

60 seconds rest

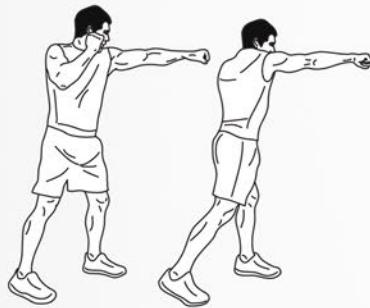
between drills



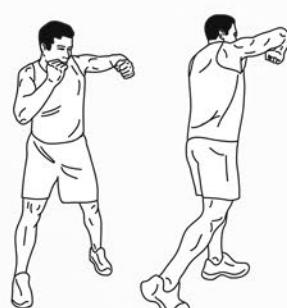
can be done on a punching bag



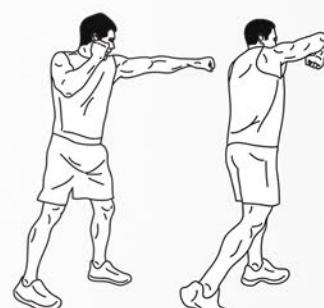
20 power push-ups before each drill
extra credit: clapping push-ups



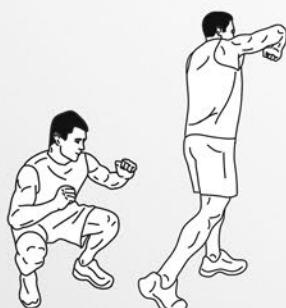
DRILL 1
2 minutes jab + cross



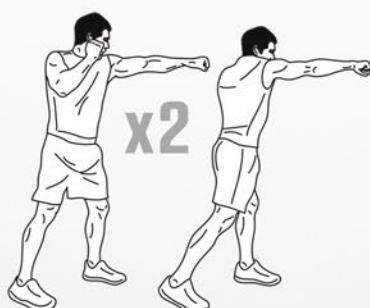
DRILL 2
2 minutes hooks



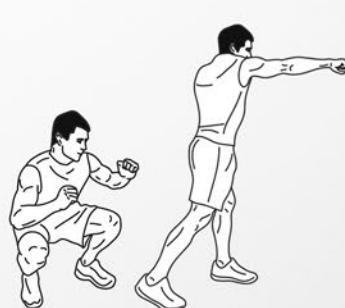
DRILL 3
2 minutes jab + hook



DRILL 4
2 minutes squat + hook



DRILL 5
2 minutes jab + jab + cross



DRILL 6
2 minutes squat + jab

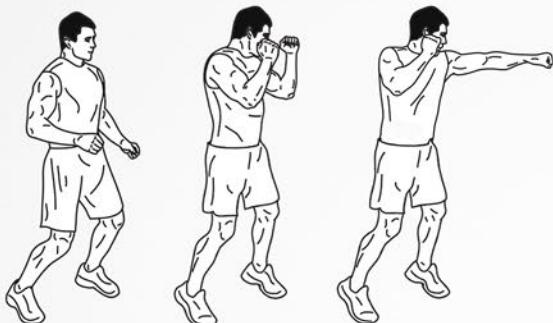
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Day 10 | Stretching

no sets

complete one
after the other



warmup

5 minutes
bounce on the spot
throwing light jabs



40sec quad stretch

20 sec hold each leg

40sec shoulder stretch

move your arms as far away
as possible & keep on moving
until you reach your limit.

40sec arm stretch

lean away continuously
for 40 seconds



40sec back stretch

lean back continuously
for 40 seconds

40sec hamstring stretch

lean forward continuously
for 40 seconds

40sec knee rolls

roll your knees side to side
for 40 seconds

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Day 11 | Speed

Level I 3 sets

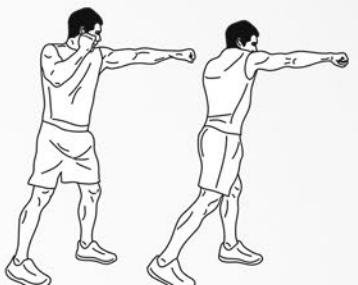
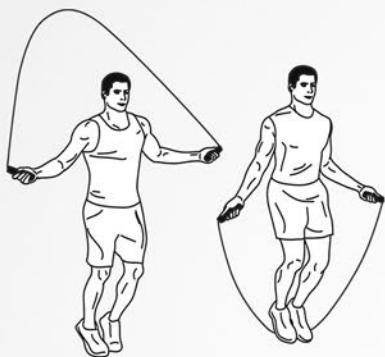
Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest

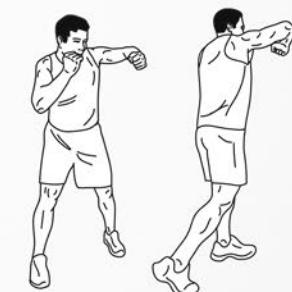
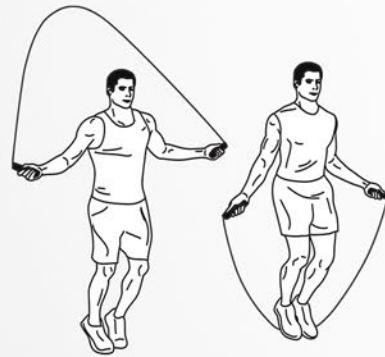
* alternatively hop on the spot



30sec jump rope *

30sec push-up + jab + cross

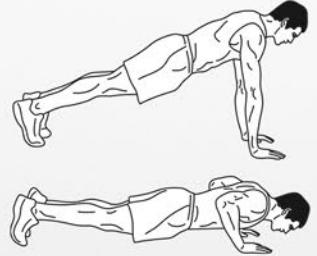
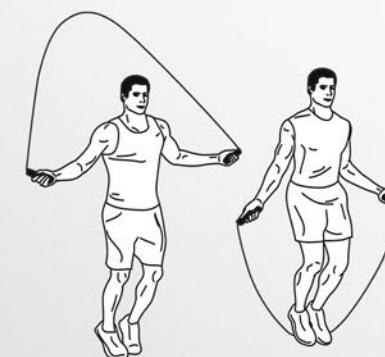
1min jab + cross



30sec jump rope *

30sec push-up + hook

1min hooks



speed bag
can be used

30sec jump rope *

30sec push-ups

2 min speed bag punches

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Day 12 | Endurance

Level I 3 sets

Level II 5 sets

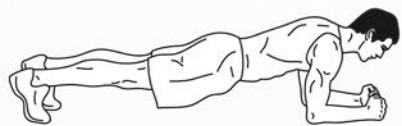
Level III 7 sets

2 minutes rest between sets

extra credit no rest



1 minute high knees



1 minute elbow plank



1 minute squats



1 minute high knees



1 minute elbow plank



1 minute jab + cross

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Day 13 | Agility

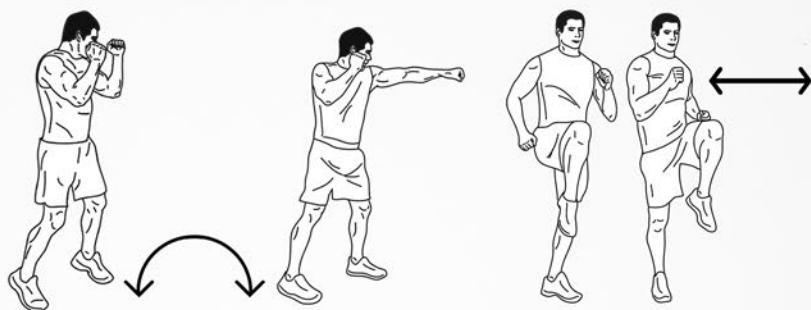
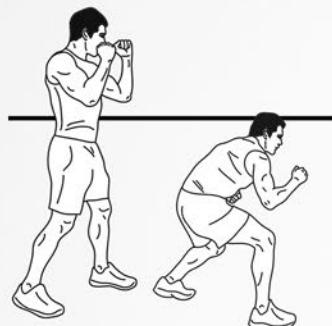
Level I 3 sets

Level II 5 sets

Level III 7 sets

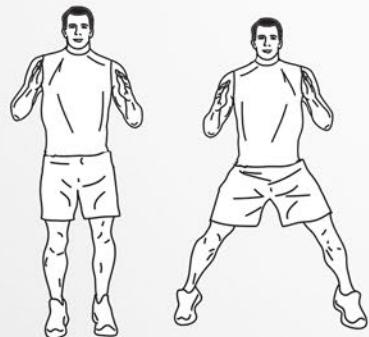
2 minutes rest between sets

extra credit no rest



40 bob and weave

Tie a rope waist height - or imagine one; and duck under it side-to-side

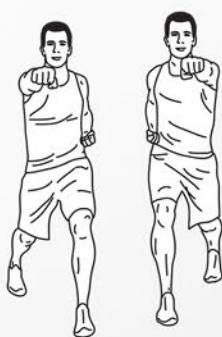
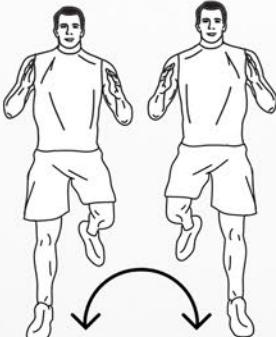


40 hop to the side + jab

Hop to the side, jab and hop back. Go as fast as you can.

40 side high knees

Do high knees while moving to the side. Use the space available.



40 half jacks

hop with feet together, hop with feet apart - non-stop

40 side-to-side hops

Hop from side to side moving slightly forward and then backwards.

40 leg switch & punch

bounce on the spot and alternate forward foot while punching.

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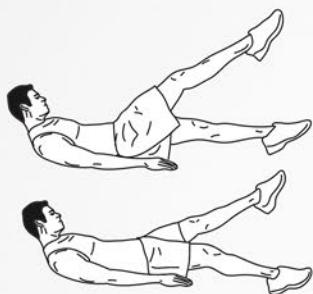
Day 14 | Abs

Level I 3 sets

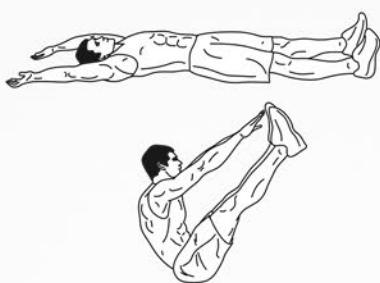
Level II 4 sets

Level III 5 sets

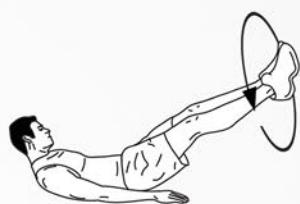
2 minutes rest between sets



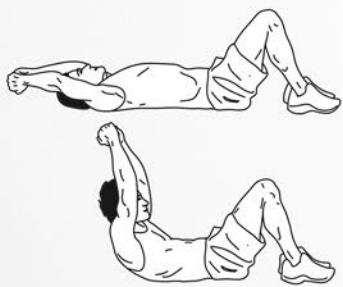
20 flutter kicks



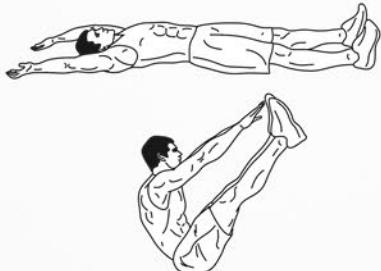
10 V-ups



20 raised leg circles



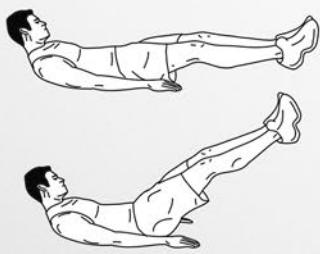
20 long arm crunches



10 V-ups



20 knee-to-elbows



20 leg raises



10 V-ups



20-count hollow hold

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Day 15 | Power

no sets

complete all drills

30 seconds rest

between drills



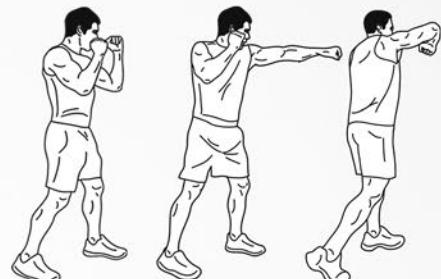
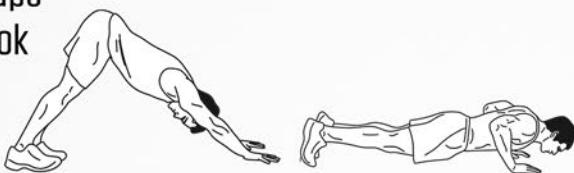
can be done on a punching bag

DRILL 1

4 judo push-ups

jab + jab + hook

10 sets

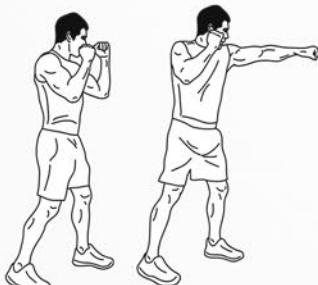


DRILL 2

4 push-ups

10 jabs (same arm)

5 sets



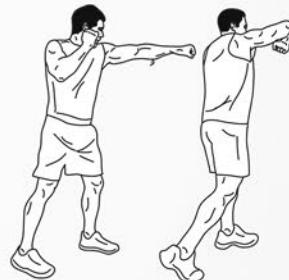
switch arms and do the drill again

DRILL 3

10 push-ups

10 hooks

5 sets



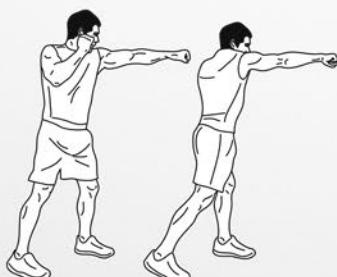
switch arms and do the drill again

DRILL 4

4 push-ups

2 jab + cross

10 sets



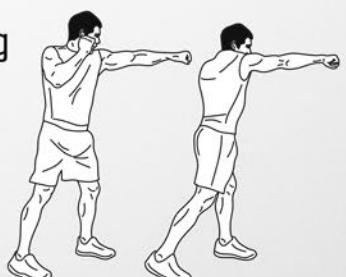
DRILL 5

30 push-ups

90sec shadowboxing

freestyle

2 sets

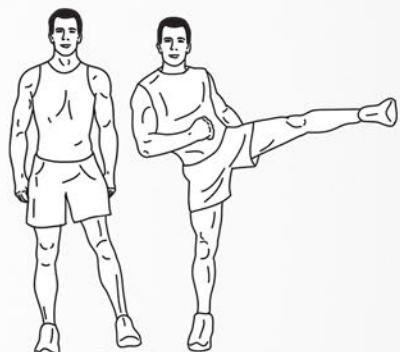


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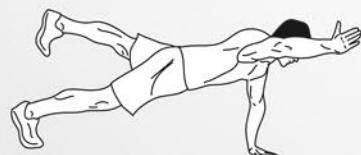
© darebee.com



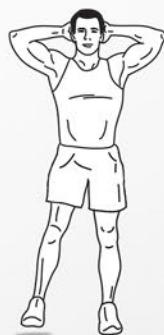
10 minutes
jump rope or hop on the spot
warmup



40 single leg half squats + **20sec** hold
20 one foot first followed up by a 20 second hold



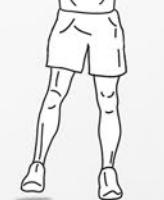
40 side leg swings
foot not touching the floor,
keep your balance



40 alt arm leg plank + **40sec** hold
hold the plank on one side for 20 seconds and then
hold it on the other side for another 20 seconds



40 knee to elbows
foot not touching the floor,
keep your balance



Day 16 | Balance

Level I 3 sets

Level II 4 sets

Level III 5 sets

2 minutes rest between sets

extra credit no rest

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Day 17 | Speed

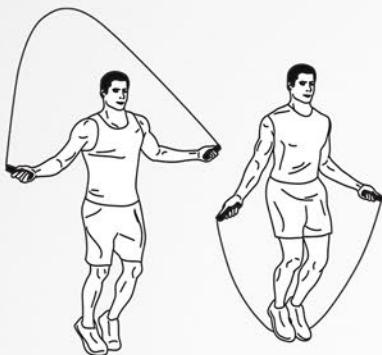
Level I 3 sets

Level II 5 sets

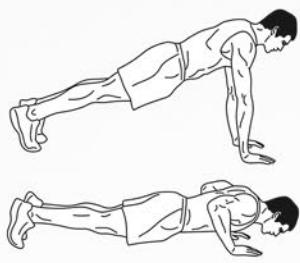
Level III 7 sets

2 minutes rest between sets

extra credit no rest



30sec jump rope

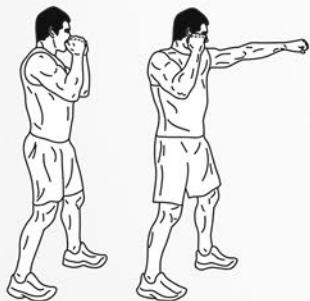


30sec push-ups

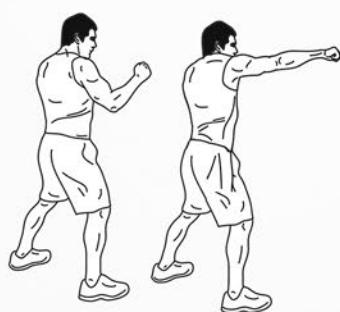


speed bag
can be used

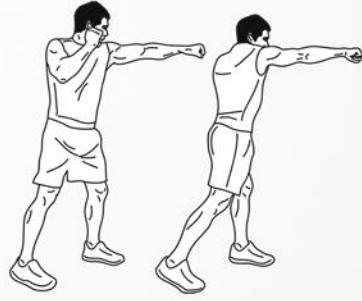
1 min speed bag punches



30sec jabs (left arm)



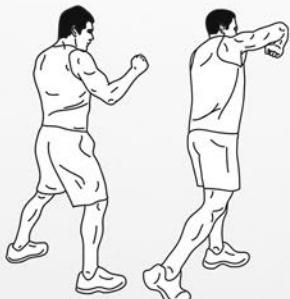
30sec jabs (right arm)



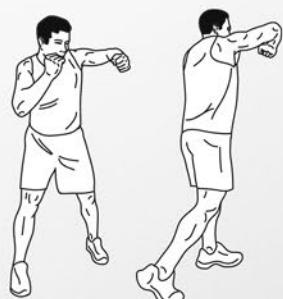
1 min jab + cross



30sec hooks (left arm)



30sec hooks (right arm)



1 min hooks

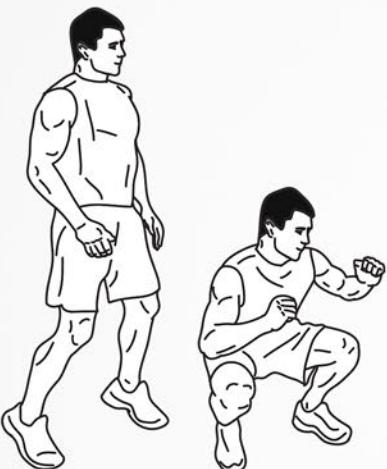
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Day 18 | Endurance

no sets

can be done on
a punching bag



10 squats

1 minute jab + cross

20 squats

2 minutes jab + cross

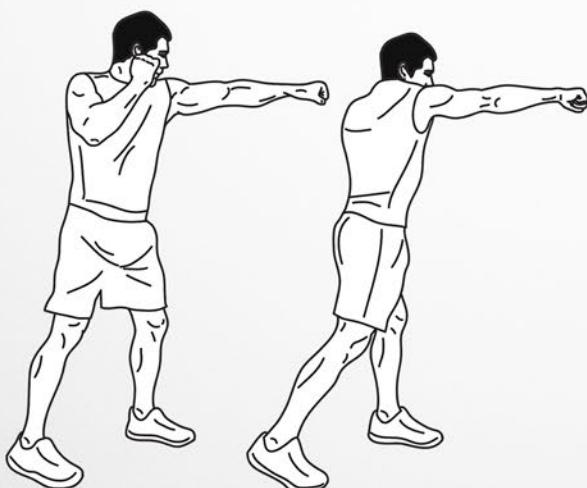
30 squats

3 minutes jab + cross

40 squats

4 minutes jab + cross

workout complete



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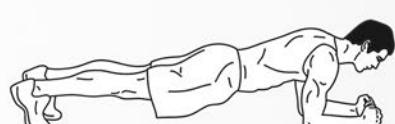
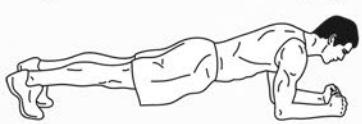
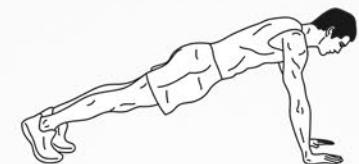
Day 19 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

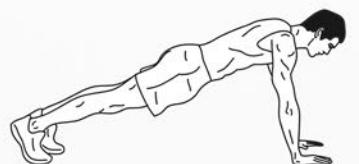
2 minutes rest between sets



30sec elbow plank

30 up and down planks

30sec elbow plank



30sec back extension hold

30 up and down planks

1min side elbow plank

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Day 20 | Power

no sets

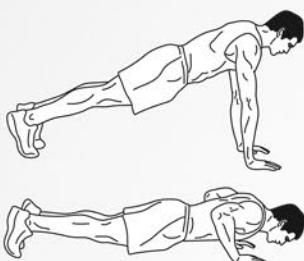
complete all drills

60 seconds rest

between drills

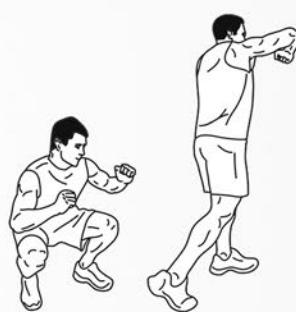
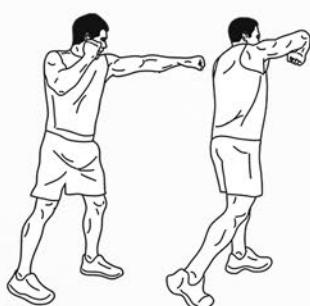
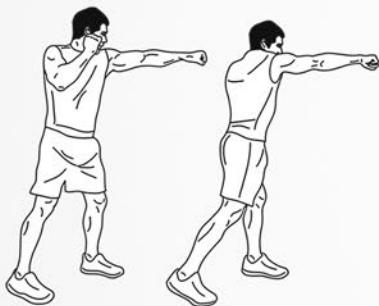


can be done
on a punching bag



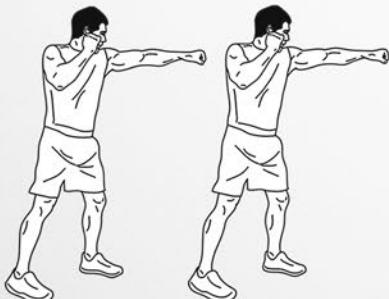
30 push-ups before each drill

split into smaller sets or switch to knee push-ups



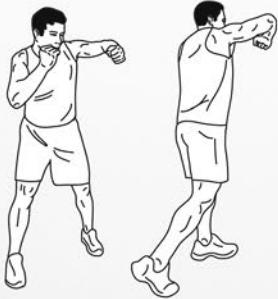
DRILL 1

2 minutes
jab + cross



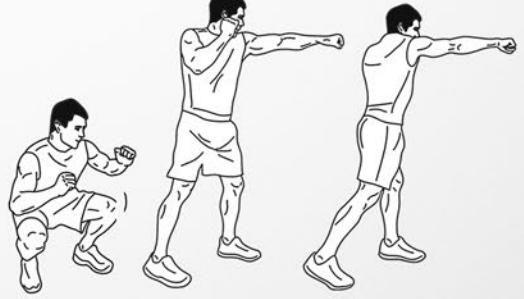
DRILL 2

2 minutes
jab + hook



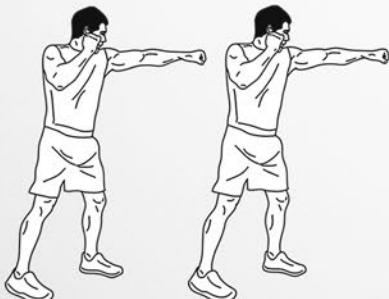
DRILL 3

2 minutes
squat + hook



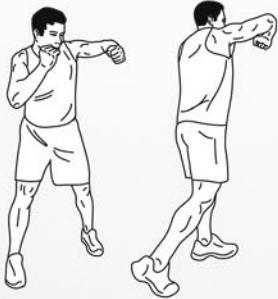
DRILL 4

2 minutes
jabs (1 min each arm)



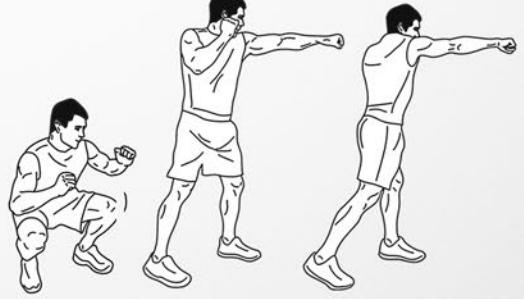
DRILL 5

2 minutes
hooks (1 min each arm)



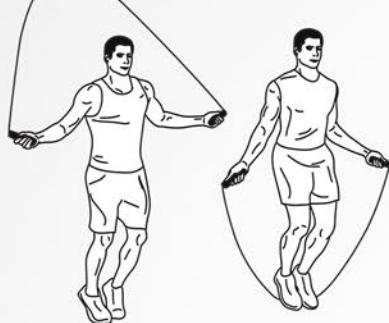
DRILL 6

2 minutes
squat + jab + cross



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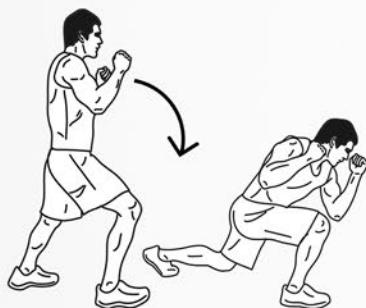


OR

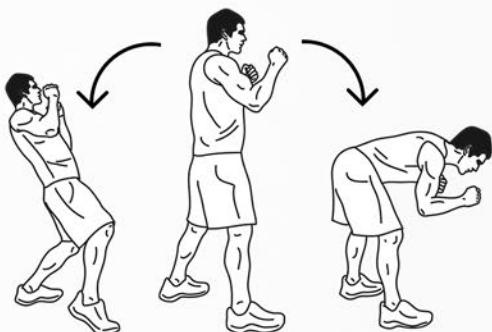


warmup

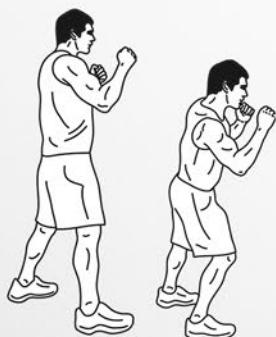
10 minutes jump rope
or 20 minutes steady run
pick either



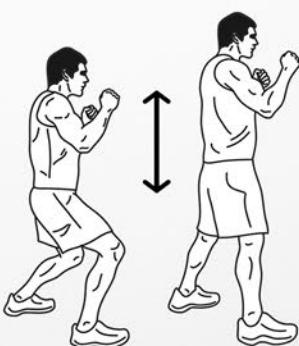
2 minutes knee to elbow twists
from lunge stance
1 minute per side, switch sides after 1 minute



2 minutes forward & backward bends
lean back and then lean forward as far as you can



2 minutes side-to-side tilts
lean from side to side, as if you were dodging
punches in slow motion



2 minutes knee bends
bouncing action
but with feet firmly planted on the floor

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Day 22 | Speed

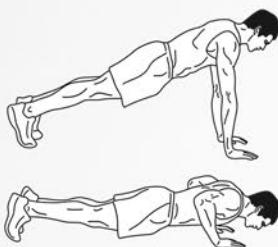
Level I 3 sets

Level II 5 sets

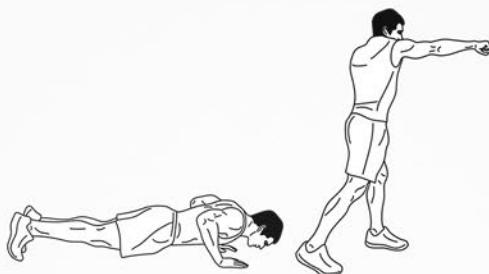
Level III 7 sets

2 minutes rest between sets

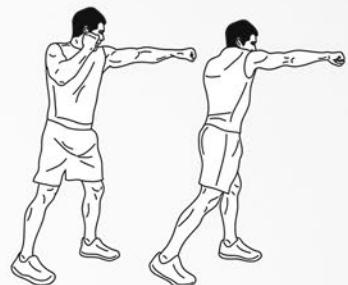
extra credit no rest



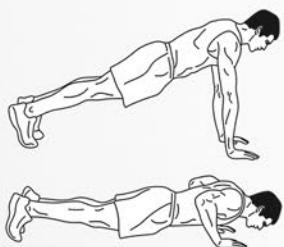
30sec push-ups



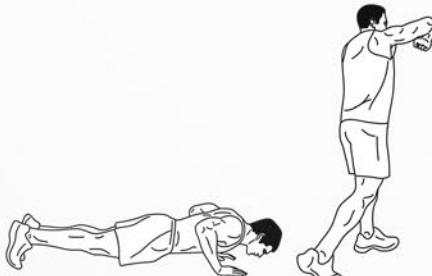
30sec push-up + jab + cross



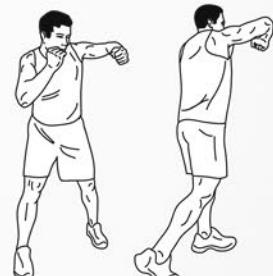
1min jab + cross



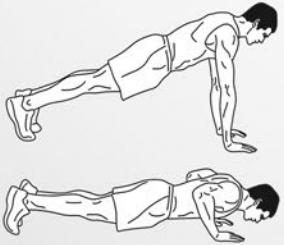
30sec push-ups



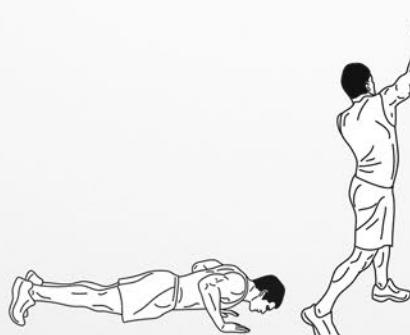
30sec push-up + hook



1min hooks



30sec push-ups



30sec push-up + uppercut



1min uppercuts

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Day 23 | Technique

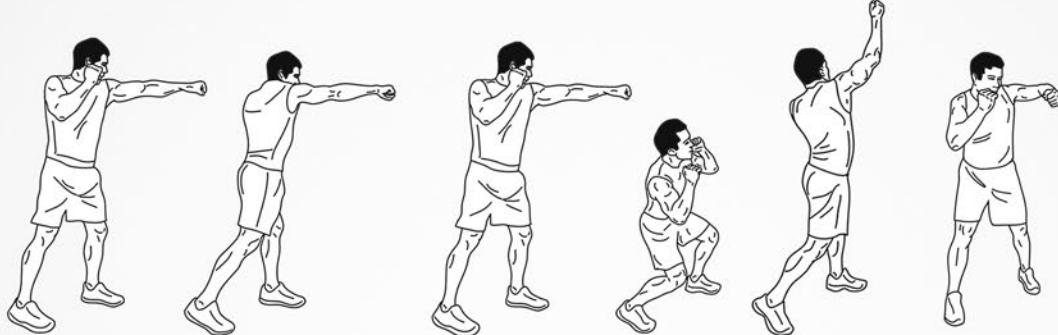
Level I 3 sets

Level II 5 sets

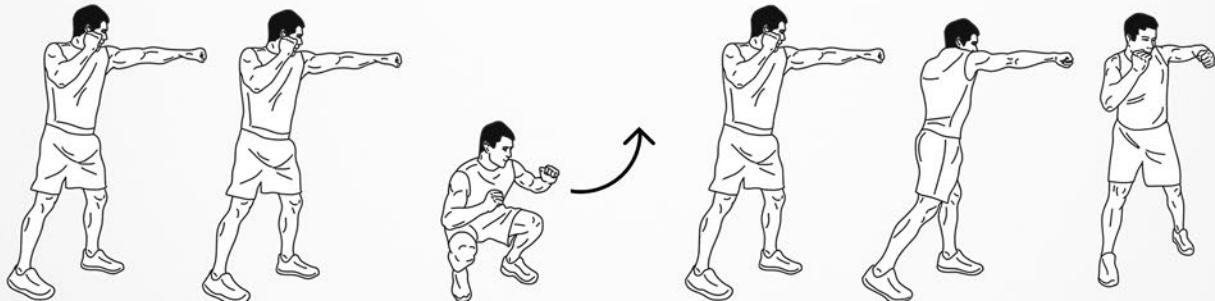
Level III 7 sets

2 minutes rest between sets

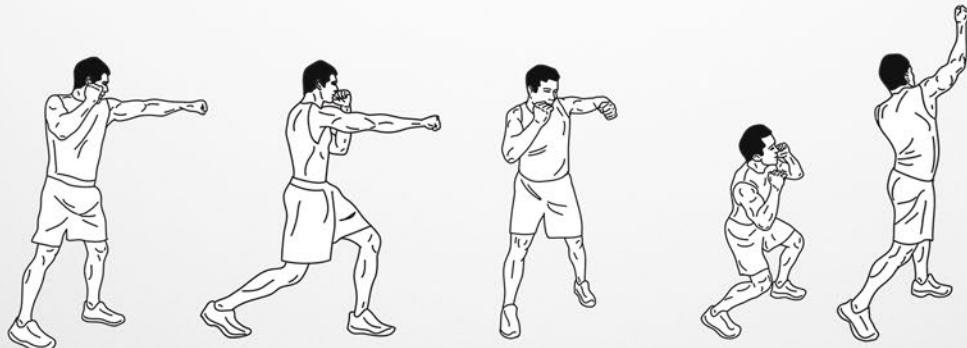
EC switch side each rep



40 combos: jab + cross + jab + uppercut + hook



40 combos: jab + jab + squat to the side+ jab + cross + hook



40 combos: jab + lunge cross + hook + uppercut

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Day 24 | Power

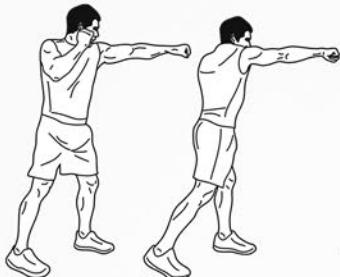
no sets
complete all drills
30 seconds rest
between drills



can be done
on a punching bag

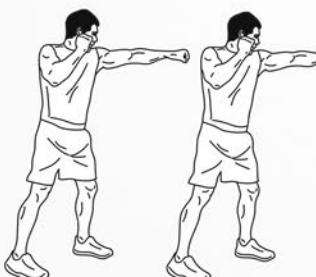
DRILL 1

5 push-ups
jab + cross
10 sets



DRILL 3

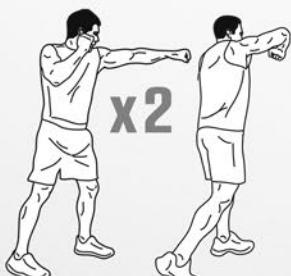
10 push-ups
40 jabs (same arm)
3 sets



switch arms and do the drill again

DRILL 5

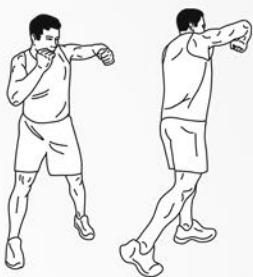
5 push-ups
20 jab + jab + hook
5 sets



switch arms and do the drill again

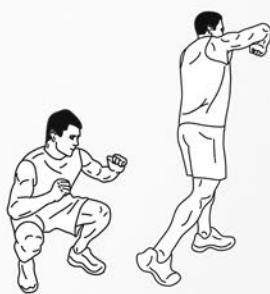
DRILL 2

5 push-ups
hook + hook
10 sets



DRILL 4

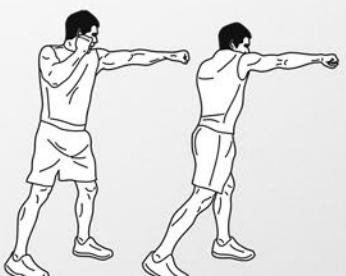
10 push-ups
20 squat + hook
3 sets



switch sides and do the drill again

DRILL 6

30 push-ups
2min jab + cross
2 sets



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Day 25 | Abs

Level I 3 sets

Level II 4 sets

Level III 5 sets

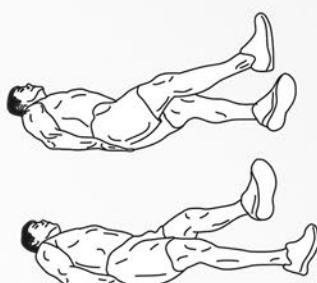
2 minutes rest between sets



30 sit-ups



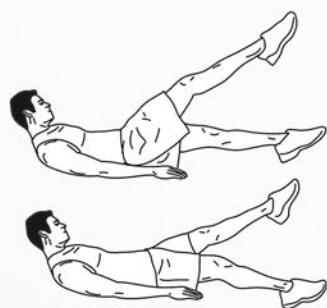
30 leg raises



30 scissors



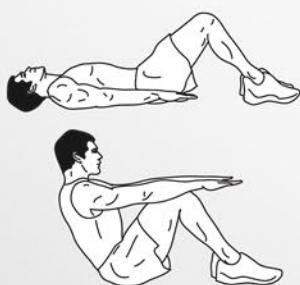
30 sit-ups



30 flutter kicks



30 sitting twists



30 sit-ups



30 V-ups



30 knee-to-elbows

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Day 26 | Endurance

Level I 3 sets

Level II 4 sets

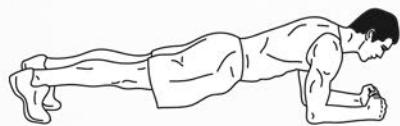
Level III 5 sets

2 minutes rest between sets

extra credit no rest



2 minute high knees



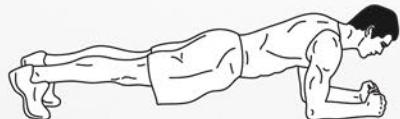
2 minute elbow plank



2 minute squats
tip: bounce & squat



2 minute high knees



2 minute elbow plank



2 minute jab + cross

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Day 27 | Speed

Level I 3 sets

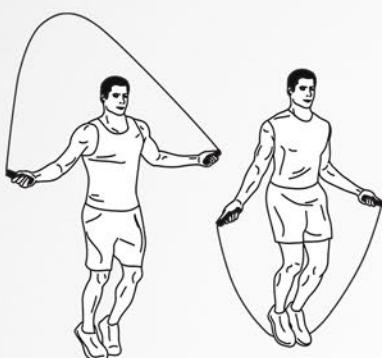
Level II 5 sets

Level III 7 sets

2 minutes rest between sets

extra credit no rest

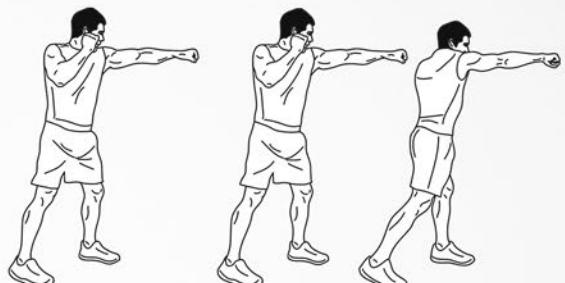
* alternatively hop on the spot



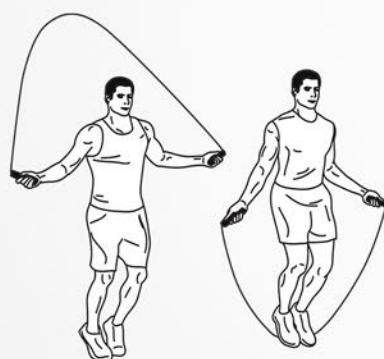
30sec jump rope *



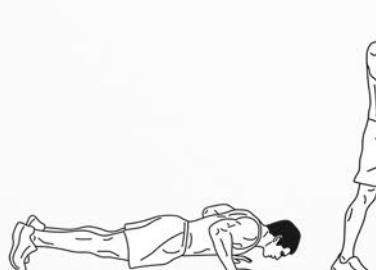
30sec push-up + jab + cross



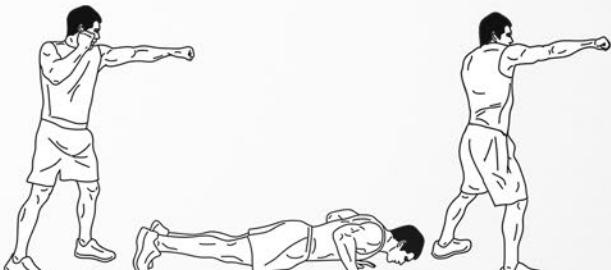
30sec jab + cross



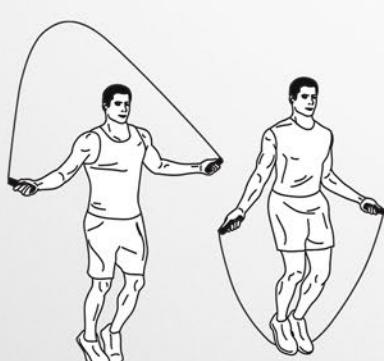
30sec jump rope *



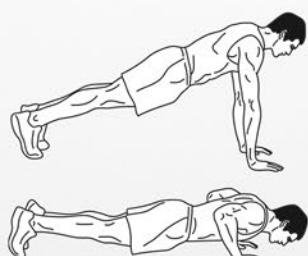
30sec push-up + 4 jabs



30sec push-up + 4 jabs



30sec jump rope *



30sec push-ups



speed bag
can be used

2 min speed bag punches

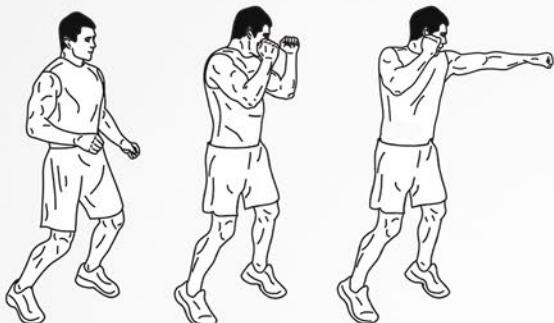
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Day 28 | Stretching

no sets

complete one
after the other



warmup

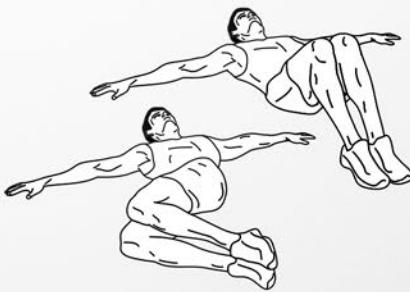
5 minutes
bounce on the spot
throwing light jabs



1min quad stretch
30 sec hold each leg

1min shoulder stretch
move your arms as far away
as possible & keep on moving
until you reach your limit.

1min arm stretch
lean away continuously
for 1 minute



1min back stretch
lean back continuously
for 1 minute

1min hamstring stretch
lean forward continuously
for 1 minute

1min knee rolls
roll your knees side to side
for 1 minute

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Day 29 | Power

no sets

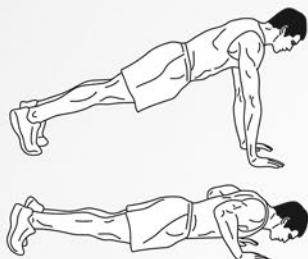
complete all drills

60 seconds rest

between drills

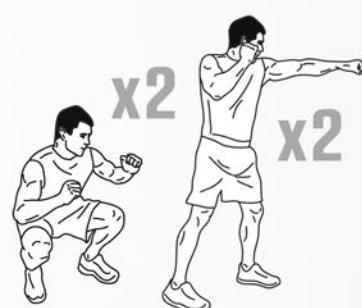
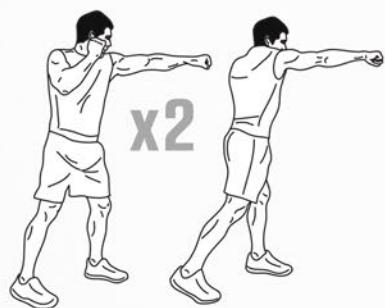
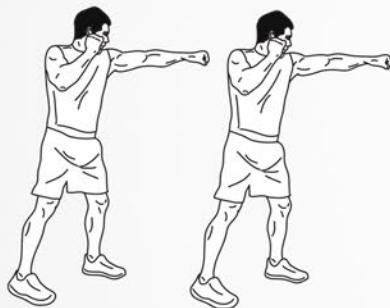


can be done
on a punching bag



40 push-ups before each drill

split into smaller sets or switch to knee push-ups



DRILL 1

2 minutes

jabs (1 min each arm)

DRILL 2

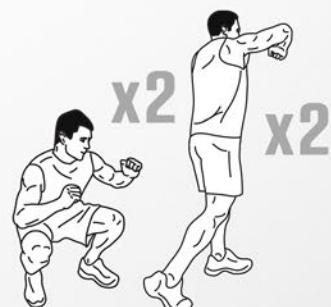
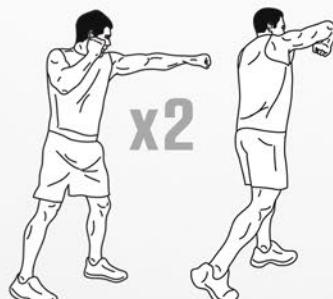
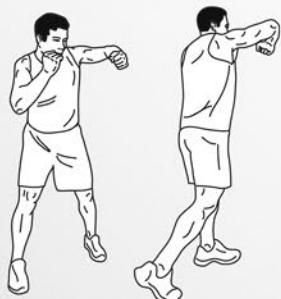
2 minutes

jab + jab + cross

DRILL 3

2 minutes

double squat + jab + jab



DRILL 4

2 minutes

hooks (1 min each arm)

DRILL 5

2 minutes

jab + jab + hook

DRILL 6

2 minutes

squat + squat + hook + hook

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Day 30 | Technique

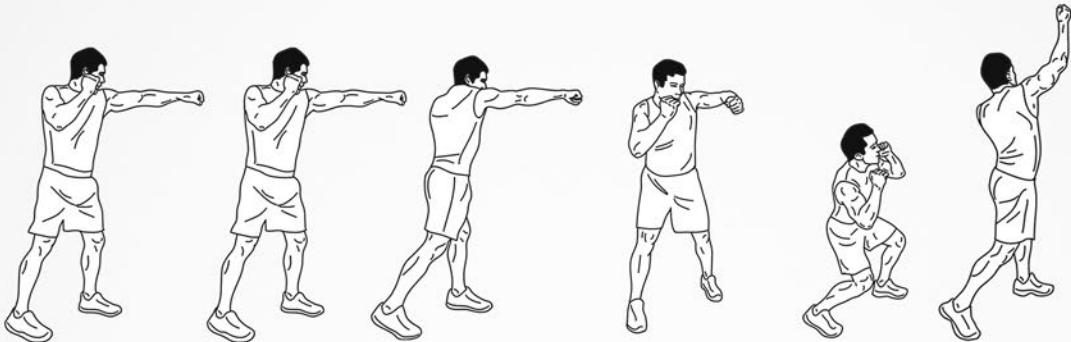
Level I 3 sets

Level II 5 sets

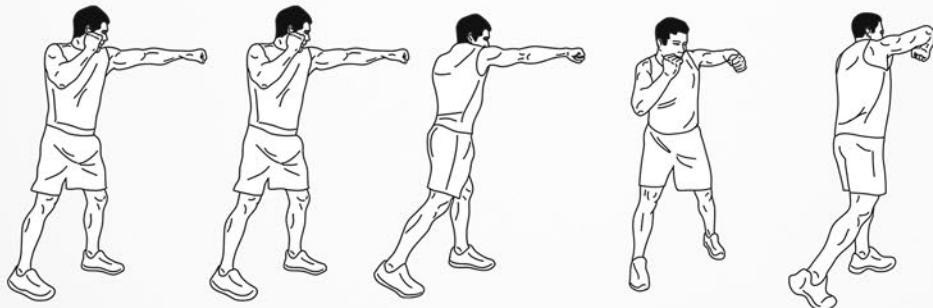
Level III 7 sets

2 minutes rest between sets

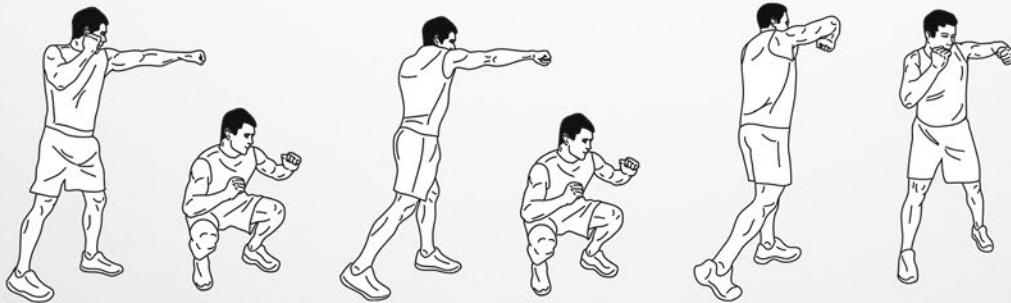
EC switch side each rep



50 combos: jab + jab + cross + hook + uppercut



50 combos: jab + jab + cross + hook + hook



50 combos: jab + squat + cross + squat + hook + hook

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